

Woman's Page

Fashion Notes for the Modish Woman—Taffeta Sailor Hats—White Most Popular for Summer—White Taffeta Frocks—Modish—Gardardine Still Popular—Ways to Prepare and Serve Shad—Planked Shad, Spiced Shad and Stuffed Baked Shad.

TIMELY FASHIONS.
Taffeta Sailor Hats.
Smart walking hats are made in sailor shape of taffeta, trimmed with straw or ribbon.

White For Summer.
Almost every summer white proves its worth as the most popular summer color. This year, like all others, is to be a white one. There will be frocks of white taffeta, white orandine, white voile and white in every other fashionable fabric.

Still the Coat Suit.
American women love the coat suit. Since its first appearance years ago as the original "tailor made," it has always found a welcome home in the American woman's wardrobe. And be it said in passing, nothing more generally looks smart and neat, serviceable and suitable, than does this same coat suit. The summer models are attractive, and smart women are still to be seen in tailored coat suits in the morning hours, and for early afternoon.

Gabardine.
Gabardine is one of the spring fabrics that has gained a strong hold. It is as serviceable as serge, and as well liked. It is employed especially in the darker colors.

TO PREPARE AND SERVE SHAD.
Planked Shad.

If you have a well seasoned shad plank, you are indeed fortunate. Some authorities say a plank ought never to be washed. It should be rubbed and rubbed with a cloth, but water should not touch it. At all events, an old plank, even if some of its flavor or has been washed out, is the best kind. But if you have no heirloom shad plank, a new one will do. The new ones are usually fitted with wires that hold the fish in place, but thin wire nails can be used instead, and quite as satisfactorily.

After washing and drying the fish, split it. Heat the board and, after brushing the fish with olive oil, fasten it in place. Then bake it, basting frequently with melted butter, lemon juice and salt and pepper. When the fish is done, serve it on a hot platter or else send the plank to the table. Garnish with parsley and quarters of lemon, and if desired, place a border of browned mashed potato around the fish. Some of the larger bones can be removed before cooking. It is supposed, by the way, that planked shad is an Indian invention. The red men, supposedly, found a plank a most convenient cooking dish, in lieu of modern ones of granite, aluminum and enamel.

Spiced Shad.
Spiced shad, once eaten, will be a favorite dish with the lover of fish. To make it brush a shad with olive oil and bake it twenty minutes. Then sprinkle it with a mixture of a teaspoonful of cinnamon, half a teaspoonful of ground cloves and pepper and salt. Pour over it half a cupful of cider vinegar or wine vinegar and bake for 20 minutes more. Serve with lemon or other garnish, as the spices and vinegar give it sufficient seasoning.

Stuffed Baked Shad.
A very substantial dish is baked stuffed shad. To prepare the stuffing, crumb enough of the inside of a stale loaf of bread to measure two cupfuls, season with a teaspoonful of salt, a generous sprinkling of paprika, a tablespoonful of minced parsley, two tablespoonfuls of melted butter, half a teaspoonful of onion juice and half a teaspoonful of lemon juice. Mix together with a beaten egg.
Have ready a cleaned shad, that has been washed quickly and dried. Fill with the stuffing, sew up the edges and dredge with dry flour. Bake until done, basting often with a cupful of hot water. Serve with boiled potato balls and quarters of lemon.

STOCK EXCHANGE ADOPTS EARLY HOUR

London, May 19, 12:10 p. m.—The stock exchange will conform to the new daylight saving plan under which the time will be advanced one hour. The exchange will open at 10:45 o'clock and close at 3 o'clock on Saturday when it will close at 1 o'clock, an hour earlier than the present time.

As no speculation or arbitrage business is allowed under the treasury regulations there is no necessity of keeping open for American quotations.

AUTOMOBILE PARTY ENCOUNTERS MISHAP.
Blackfoot, Idaho, May 18.—Mr. Chas. Martin, his two-year-old daughter, Fred Gibbs and Alvin Olmstead, all of

WATCH FOR THE SLIT SKIRT BATHING SUIT.



Bathing costume of black satin with black and white striped bloomers that are exposed to view by a slit skirt. The suit is trimmed with black and white taffeta. The sing-song stockings and the shoes made of very soft leather trimmed with white, complete a most fascinating costume.

Driggs, met with an accident tonight four miles south of this city. The party left Salt Lake last evening, spent the night in Ogden and continued the trip this morning. Olmstead drove the car to Pocatello, where Dr. Martin took the wheel. Four miles south of Blackfoot new roads have been plowed, and it is thought the car ran into the soft earth, which went too fast. Olmstead was asleep in the tonneau and received the least injury, though tossed about seventy-five feet. All were taken to Dr. Beck's office. None was seriously injured, although the car is reported to be a total wreck.

FRECKLE-FACE

Sun and Wind Bring Out Ugly Spots. How to Remove Easily.

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer that it will not cost you a penny unless it removes the freckles; while if it does give you a clear complexion the expense is trifling.

Simply get an ounce of othine—double strength—from any drugist and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than one ounce needed for the worst case.

Be sure to ask the drugist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles.—Advertisement.

BRITISH COLUMBIA IS TO HAVE PROHIBITION.
Victoria, B. C., May 18.—Premier Bowser introduced today in the provincial parliament a prohibition bill to come into force in British Columbia July 1 next year. On the whole, the measure is more drastic than the Washington state law. There is to be no interference with the consumption or keeping of liquor in private houses, but it must be imported for the purpose. Offenses against the act will not be punishable by fines except in the cases of corporations where the punishment for infractions will be a fine of \$1000.

As to individuals, jail terms of from six to twelve months are provided. Dispensaries are to be established and administered, in most cases by the provincial police. Sacramental wines and liquor for doctors and hospitals will thus be provided. A doctor may get two quarts at a time, a dentist is limited to a pint and both must keep records for inspection by the attorney general's department.

Of a house attendance of forty members, advocates of the bill say less than ten will vote against the measure.

FRUITGROWERS ASK REDUCTION OF LEVY.
Provo, May 18.—A delegation of Provo Bench fruitgrowers, seventy-five strong, appeared before the

board of equalization today seeking reduction in the valuation of their fruit lands, which are assessed at from \$100 to \$150 an acre. The ground on which relief was sought is that the injury to fruit from frost would practically leave the owners without income from their land this year.

During the discussion of the situation with the board it was decided that if the board of education of the Alpine school district, comprising the north end of the county, could be induced to reduce the school tax levy that would bring some relief in the amount of taxes to be paid. Following this idea the fruitgrowers have called a meeting to be held in the Timpanogos ward meeting house at 7:30 o'clock Monday evening, for the appointment of committees to confer with taxpayers in other towns of the school district for the purpose of obtaining their consent and co-operation in a request to the board of education for a reduction of the levy.

People Whose Kidneys Are Weak

Should at once take steps to remedy their weakness by using Penslar Buchu & Palmetto Compound, a proven relief for ailing kidneys and which you can take with perfect confidence, since the exact formula is printed on every label for your protection.

Before taking Penslar Buchu & Palmetto Compound, cleanse the system with Penslar Liver Saline which is sold in two sizes—twenty-five and fifty cents.

After taking Penslar Buchu & Palmetto Compound according to directions, we believe you will be delighted with results. It is sold in two sizes, fifty cents and one dollar, only at Penslar stores, A. R. McIntyre Drug Co.—Advertisement.

PITTSBURG UNABLE TO FILL ORDERS

Pittsburg, May 19.—Inability of local mills to assure delivery for nearly a year has resulted in failure to place \$1,000,000 worth of business here during the past few days. The Foreign Trade commission of Pittsburg yesterday received a cable inquiry from Japan for 12,000 tons of wire rods with \$720,000, but no manufacturer in this district could accept the order. The commission also has received an inquiry for 800 tons of steel plates on a cash basis and for steel wire valued at \$200,000, but neither could be placed.

HOW TO REDUCE YOUR WEIGHT

A SIMPLE, SAFE, RELIABLE WAY.
People who are overburdened with superfluous fat, know only too well the discomfort and ridicule that over-stout people have to bear.

If you are carrying around five or ten pounds of unhealthy fat you are unnecessarily weakening your vital organs and are carrying a burden which destroys the beauty of your figure.

There is no need of anyone suffering from superfluous fat. If you want to reduce your weight in a simple, safe and reliable way, without starvation diet or tiresome exercise, spend as much time as you can in the open air, breathe deeply, and get from any good drugist a box of oil of korelin capsules, take one after each meal and one before retiring at night.

Wash yourself once a week so as to know just how fast you are losing weight and don't leave off the treatment until you skip a single dose until you are down to normal.
Oil of korelin is absolutely harmless, is pleasant to take, helps digestion and is designed to consume the excessive fatty tissue by increasing the oxygen-carrying power of the blood. Even a few days' treatment should show a noticeable reduction in weight, feet become lighter, your work seems easier and lighter and more buoyant feeling take possession of your whole being.

Every person who suffers from superfluous fat should give this treatment a trial, there is nothing better. A. R. McIntyre Drug Co.—Advertisement.

BILL TO COMPEL MEN TO ARBITRATE

Christiana, May 19, 10:47 a. m.—The government is considering a bill for compulsory arbitration in order to avert the lockout which the Employers' association has announced will be put into effect June 3 against all union workmen. There is a grave feeling here that if the lockout is not prevented an internal conflict will be brought about which might prove a national disaster.

INDIAN SHOOT.
Pocatello, Idaho, May 18.—Frank Perry, a Wyoming Indian, shot and killed his wife and dangerously wounded her sister on the Fort Hall reservation today.

He was chased by a squad of Indian police, and, upon being surrounded and threatened with capture, he turned his shotgun on himself and blew out his brains.
The body is now in charge of the Fort Hall authorities.

FERDINAND ERICKSON IS DECLARED WINNER.
Richfield, May 18.—M. I. A. day drew a large crowd of people here yesterday to the Second ward chapel. H. N. Hayes was master of ceremonies. Music was furnished by the high school choir, among the selections being "Music of Spring," "Humoresque" and "Tis the Lot of Friends to Part." There were in the public contestants, and these were in the public speaking contest. Ferdinand Erickson of Monroe delivered an oration on "Patriotism," and Lamar Robinson of Richfield spoke on "Faith." The judges were D. P. Johnson, D. R. Mitchell and Ernest Winkler, and their decision was unanimous for the first speaker.

GIRL "ROOKIE" STUDIES MANUAL



This is a familiar sight at the National Service School for Women, near Washington. The girl "rookie" shown in the picture is industriously studying her manual. Apparently she hoped to become a member of the signal corps.

Elaborate luncheon was served to those present.

ICE FOR SKIN IS LATEST THEORY

Not entirely new, perhaps, is the theory that ice and cold water are better for the complexion than steam and heat. But at all events, it is one of the theories expounded in the present day beauty parlors, and it is worth heading.

Several years ago a prominent young actress, after she had apparently exhausted her brain in answer to the question of interviewers, began to talk about her complexion. It was a bright, rosy skin, and when she admitted to rubbing it with ice every day, her remarks started many an anxious maid toward the refrigerator.

And years before her time, some of the pale beauties of mid-Victorian type have been known to smudge to their rooms a silver of ice with which to rub the lips to something like ruddiness and brightness.

Well, the idea of the beauty specialists today is that hot water and steam open the pores. We all know that. Then these pores stay open, and gradually, therefore, become enlarged.

Use warm water and plenty of bland soap, say the experts for cleaning the skin. Then rinse with warm water and gradually change to cold water until the coldest water that runs from the faucet is used. After this wrap a piece of ice in a thin cloth and go over the face with it completely several times.

This ice treatment, besides closing the pores, brings the blood to the surface of the skin, and that is why ice makes the skin rosy and ruddy in appearance.

Cold cream, of course, is very useful in helping remove dirt and dust from the face. But on an oily skin it should be sparingly used.

On any skin, when the ice treatment is to be taken, a little cold cream should be rubbed. Then the skin should be washed with bland soap and warm water until a lather washed off with clean, lukewarm water and then with the cold.

Then comes the ice already mentioned.
If the skin is naturally oily, cold cream is used sparingly, although a little of it is necessary before washing before breakfast. But on an oily skin a final rubbing with some astringent lotion is given, to further aid the work of closing the pores, and to dry up the superfluous oil.

Of course, it would be difficult to give this ice treatment at home. But ice can be used with benefit after a thorough washing with warm water and soap. Just wrap a small piece in several layers of cheese cloth and with it go over the entire surface of the face.

RED SPOTTCHES COVERED SCALP

Scaly Mass. Hair Came Off. Scalp Itched and Was Disfigured. Looked Badly. In One Month

HEALED BY CUTICURA SOAP AND OINTMENT

"When my baby was only a few days old her whole scalp became irritated. It turned into a scaly mass and the hair would come off with the scales. Her scalp was covered with large red spots, and her hair was thin. Her scalp itched and that caused her to scratch her head. Her scalp was disfigured and looked badly."

I sent for a free sample of Cuticura Soap and Ointment and after wards bought a further supply. I used them steadily for just one month and her head is as clean as her face, and her hair thick and beautiful." (Signed) Mrs. Charles Regale, Box 44, Santa Anita, Cal., July 19, 1915.

Sample Each Free by Mail.
With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sent throughout the world.

—Advertisement.

man's greatest problems has been in lift heavy loads rapidly and efficiently. Some of the greatest monuments of antiquity were built under conditions that involved lifting of heavy pieces of building material to great heights, but how it was done we do not know to this day. The manner in which the great stones were raised to their places in the Pyramids in Egypt has always will be. It is certain, however, that the builders of these wonderful monuments were possessed of mechanical contrivances that were lost in the dark ages intervening between their time and ours, or they possessed patience to a more remarkable degree than is exhibited in any race of men at the present time.—Engineering Magazine.

Nearly Any Case of Tuberculosis

can be helped in some measure by prompt and proper attention to right diet and hygienic living if taken in time, and the early stages. Eat pure, well-cooked food and avoid excesses. Live in the open air as much as possible and always sleep with windows wide open.

If such measures do not arrest the progress of the disease, try effective medication. For the best chances for recovery will be found in a strengthening of all normal body functions.

In many cases Eckman's Alternative has helped in this needed upbuilding. In any case it may be tried without risk, since it contains no poisonous or habit-forming drugs. From your druggist.

Eckman Laboratory, Philadelphia.—Advertisement.

The regular trombone player of a Scottish orchestra was ill with a cold, and the conductor reluctantly accepted the services of a man who played in an amateur brass band. He was naturally a little doubtful, however of the technical ability of the substitute.

After the first performance the player asked the conductor how he had done.

The conductor replied that he had done fairly, but that perhaps he would do better the next night.

The newcomer, eying him gratefully, answered: "Man, ye see, the music is a' strange tae me the nicht, ye'll no hear ane of thae fiddles at a'!"

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into your stomach.

To feel like young folks feel, like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Just as soap and hot water acts on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.—Advertisement.

HOW TO GET RID OF GRAY HAIR BY NATURAL MEANS

In the June Woman's Home Companion Mr. Alice Farnham Leader says:

There is something very alarming to many women in the appearance of the first gray hairs, and it is not strange that middle-aged women are often eager buyers of hair restorers and dyes. Many of these preparations are harmless, but other contain lead and other poisonous chemicals very dangerous to use. White hair is sometimes caused by nervousness, digestive disorders, and other things that lessen the vitality of the scalp. It is impossible to restore the color to the whitened locks, but it may sometimes be possible to build up the general health sufficiently to encourage a growth of new hair containing the pigment to which the normal color of the hair is due.

"A head exercise excellent for circulation is to lie on a couch with the head projecting beyond the couch. Bend the head forward, backward, to each side, then rotate. Repeat this eight or ten times twice daily."

MAKING SHELLS

The pinch of war, while strong in the direction of food supplies for the Teutonic allies, is probably being felt most in the demand of the armies at the front for shells. The usual sources of supplies shut off Germany and Austria have turned to stock in domestic use. First went the copper roof of the Kaiser's palace, then the kettles, and now, says the Electrical World, the electric light wires of Germany and Austria are being sacrificed to the central empires may have shells.

To recover some 480 tons of copper and 200 tons of lead the city of Vienna shut down one of its plants. The Vienna municipal tramways have changed from the conduit system to the trolley system and have recovered large amounts of copper. The Vienna city railway has discontinued its own power plant whereby 200 tons of copper and 600 tons of lead have been recovered.

The Etach works have discontinued the overhead transmission line from

Saturday Specials

Half-Price Suit and Coat Sale

OUR ENTIRE STOCK OF LADIES' AND MISSES' SPRING COATS AND SUITS NOW ON SALE AT HALF PRICE.

No Approvals. Extra for Alterations.

\$15.00 Suits	... \$ 5.70	\$34.00 Suits	... \$17.00
\$18.00 Suits	... \$ 9.00	\$35.00 Suits	... \$17.50
\$20.00 Suits	... \$10.00	\$ 5.00 Coats	... \$2.50
\$22.00 Suits	... \$11.00	\$ 6.00 Coats	... \$3.00
\$24.00 Suits	... \$12.00	\$ 7.00 Coats	... \$3.50
\$25.00 Suits	... \$12.50	\$ 8.00 Coats	... \$4.00
\$26.00 Suits	... \$13.00	\$ 9.00 Coats	... \$4.50
\$28.00 Suits	... \$14.00	\$10.00 Coats	... \$5.00
\$30.00 Suits	... \$15.00	\$11.00 Coats	... \$5.50
\$32.00 Suits	... \$16.50	\$12.00 Coats	... \$6.00

SILK DRESSES

\$10.00 Ladies' Silk Dresses	... \$ 7.50
\$12.00 Ladies' Silk Dresses	... \$ 9.00
\$15.00 Ladies' Silk Dresses	... \$11.25
\$18.00 Ladies' Silk Dresses	... \$13.50
\$20.00 Ladies' Silk Dresses	... \$15.00
\$22.50 Ladies' Silk Dresses	... \$16.50

SILK WAISTS

22—\$2.00 Silk Waists	... \$1.50
17—\$2.50 Silk Waists	... \$1.80
22—\$3.00 Silk Waists	... \$2.25
14—\$3.50 Silk Waists	... \$2.50
16—\$4.00 Silk Waists	... \$3.00
22—\$5.00 Silk Waists	... \$3.85
16—\$6.00 Silk Waists	... \$4.50

LADIES' DRESS SKIRTS

15—\$3.00 Skirts	... \$2.25
20—\$3.50 Skirts	... \$2.50
16—\$4.00 Skirts	... \$3.00
14—\$5.00 Skirts	... \$3.50
16—\$6.00 Skirts	... \$4.50
22—\$7.00 Skirts	... \$5.25
16—\$8.00 Skirts	... \$6.00

SPECIAL WEEK

WHITE Reinskin, 9-inch Button Boot, regular \$4.00; special week price ... \$2.95

Infants' Baby Doll Pumps and strap sandals, sizes 3 to 8; special week price98¢

Children's Baby Doll Pumps and Strap sandals, sizes 8½ to 11; special week price ... \$1.39

Misses' Baby Doll Pumps and Strap sandals, sizes 1½ to 2; special week price ... \$1.59

BIG ASSORTMENT OF LADIES' PUMPS AND OXFORDS, at ... \$1.98

BUY YOUR SHOES WHERE PRICE AND QUALITY COUNT
WE SELL COUSIN'S AND QUEEN QUALITY SHOES FOR WOMEN.

LAST & THOMAS

Meran in Bozen and have recovered 30 tons of copper.

The reconstruction of the Abbazia central station made available 56 tons of copper and 114 tons of lead.

MAKE YOUR OWN MARSHMALLOWS

If you wish pure, delicious marshmallows soak two tablespoonfuls granulated gelatin in ten tablespoonful of cold water until soft. Pour ten tablespoonful of boiling water over two cups of sugar, and boil it makes a syrup, which will form a thread when will form a thread when dropped from a spoon. Remove the syrup from the fire and stir into it, the softened gelatin. Let stand until cool, then add salt and flavoring, and beat until it become stiff enough to hold its own shape. Pour the candy into granule pans dusted with powdered sugar and let stand in a cool place until set. Cut in cubes and roll in powdered sugar.

Chocolate marshmallows are made either by coating the plain marshmallows with melted, unsweetened chocolate, or by adding melted chocolate to the marshmallow mixture before cooking. Chopped nuts or candied fruits may be stirred into the mixture after it has been removed from the fire. Instead of vanilla flavoring, fruit juice may be used in place of part of the water. Marshmallows are dainty and attractive if rolled in grated coconut before being coated with sugar.

Bombay averages more than seventy-two inches of rain a year and gets most of it within four or five months.

RECITAL

Fred C. Graham series
TABERNACLE
SATURDAY, MAY 20,
8:30 p. m.
MISS EBBA JOHANSON
ROOS,
Eminent Swedish Violinist
With
FREDERICK GUSTAV
SODERLUND,
Pianist
and
OGDEN TABERNACLE
CHOIR

Tickets \$1.00, 75c and 50c, at Culley's Drug Store.

ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."

—Mrs. MARY RINGWAY, Durand, Wis.

A Massachusetts Woman Writes:
Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. PIERRE COUNOVER, Box 239, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sound in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

—Advertisement.

Underground Coal dealers, will close yards every Saturday at 1 P. M., until further notice.

RAWSON BROS. Coal Co.
M. L. Jones Coal & Ice Co.
FRANK MOORE Coal Co.
JAMES Coal & Ice Co.
JOHN FARR Coal Co.
GILLETTE Coal Co.

GEO. PARKER Coal Co.
ED. WILLIAMS & SON Coal Co.
BADGER Coal Co.
SHAW & STONE Coal Co.
PIONEER Coal & Lumber Co.
ASAEI FARR Coal Co.

Cottolene

The Natural Shortening

Every time you find pie crust made with Cottolene as shortening you realize that pastry-cooking is not yet a lost art.

A pie crust shortened with Cottolene does full justice to the apples, peaches, cherries, custard or other filling. Try it tomorrow for pie crust or biscuits, then you will use Cottolene for all your shortening and frying.

Arrange with your grocer for a regular supply; it is packed in pails of various sizes.

THE E. C. FAIRBANK COMPANY

Cottolene makes good cooking easier.